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Vendor:ACE Fitness

Exam Code:ACE-PERSONAL-TRAINER

Exam Name:American Council on Exercise (ACE)
Personal Trainer (PT)

Version:Demo

QUESTION 1

A blood pressure cuff that is too large will _____ blood pressure, and one that is too small will _____ blood pressure.

- A. Overestimate/overestimate
- B. Overestimate/underestimate
- C. Underestimate/underestimate
- D. Underestimate/overestimate

Correct Answer: B

QUESTION 2

A 20-year-old client is getting married in two months. The client would like to lose 30 lb (13.6 kg) before the wedding day and would like a daily nutrition plan to follow. The client wants this diet plan to provide enough energy to allow the client to exercise at a higher intensity and lose weight at the same time. What should be the ACE certified Personal Trainer's NEXT step?

- A. Refer the client to a registered dietitian.
- B. Provide the client with documents outlining the U.S. Department of Agriculture (USDA) Dietary Guidelines so that the client can assemble a dietary plan.
- C. Refer the client to another trainer who has a nutrition certification.
- D. Create a daily nutritional plan, taking into account the client's weight, metabolism, and activity level.

Correct Answer: A

QUESTION 3

Which of the following falls within the recommended percentage of nutrient intake for proteins (P), carbohydrates (C), and fats (F)?

- A. P = 12% to 20%, C = 60% to 80%, F = 0% to 10%
- B. P = 12% to 20%, C = 55% to 60%, F = 25% to 30%
- C. P = 20% to 30%, C = 30% to 40%, F = 0% to 10%
- D. P = 40%, C = 40%, F = 20%

Correct Answer: B

QUESTION 4

Which of the following is the MOST important application of fitness testing?

- A. Determining maximum performance potential in an individual
- B. Assessing improvements in an individual over time
- C. Diagnosing health conditions that require a physician referral
- D. Comparing individual fitness levels to established norms

Correct Answer: C

QUESTION 5

You have been working with an elderly client who has poor balance. Over the past month, he has progressed to standing and maintaining balance on one leg with support. What would be the NEXT step to further improve his balance?

- A. Have him stand and walk with a narrower base of support.
- B. Have him stand on one leg on an unstable surface and perform dynamic movement.
- C. Include single leg stance without external support to his program.
- D. Have him stand in a narrow base of support with his eyes closed.

Correct Answer: BD

QUESTION 6

After having the client perform a push-up exercise, a personal trainer wants to stretch the client's agonist muscles and strengthen the antagonist muscles at the shoulder. What joint action must the client perform in order to accomplish this?

- A. Horizontal shoulder flexion
- B. Horizontal shoulder adduction
- C. Horizontal shoulder extension
- D. Horizontal shoulder retraction

Correct Answer: D

QUESTION 7

An ACE certified Personal Trainer is moving and intends to refer clients to a new trainer. The professional responsibility is to:

- A. Gather all the records on the clients to give to the new trainer.

- B. Obtain signed documentation to release the clients\' records to the new trainer.
- C. Have the new trainer retest and evaluate the clients.
- D. Leave the records with the club manager.

Correct Answer: B

QUESTION 8

Which abnormal postural deviation is MOST observed during the client\'s push-up?

- A. Kyphosis
- B. Lordosis
- C. Scoliosis
- D. Sway back

Correct Answer: A

QUESTION 9

Which of the following changes are typical responses to aerobic training?

- A. Decreased stroke volume, decreased resting heart rate, and increased diastolic blood pressure
- B. Decreased stroke volume, resting heart rate, and diastolic blood pressure
- C. Increased stroke volume, decreased resting heart rate, and increased cardiac output
- D. Increased stroke volume, resting heart rate, and cardiac output

Correct Answer: D

QUESTION 10

After completing a fitness evaluation for one of your clients, you leave it in an office tray for the head trainer to review.

This is inappropriate because:

- A. Someone could access and alter the data;
- B. The fitness evaluation is not in a secure location.
- C. Fitness evaluations should not be reviewed by the head trainer
- D. Clients may not have access to their training records.

Correct Answer: C

QUESTION 11

When assessing a client's hip flexion using a passive supine straight-leg raise, an ACE certified Personal Trainer discovers there is less than 80 degrees of motion on both the right and left sides. This MOST likely indicates tightness in which muscles?

- A. Iliopsoas
- B. Hamstrings
- C. Adductor magnus and brevis
- D. Gluteus medius and minimus

Correct Answer: A

QUESTION 12

The increased hydration of intervertebral disks during sleep and the subsequent swelling of the disks upon waking have significant implications for the flexibility of the spine. When should spinal flexibility be performed to reduce the risk of injury to the disks?

- A. Before rising
- B. Immediately after rising
- C. Within one hour of rising
- D. Later in the day

Correct Answer: B